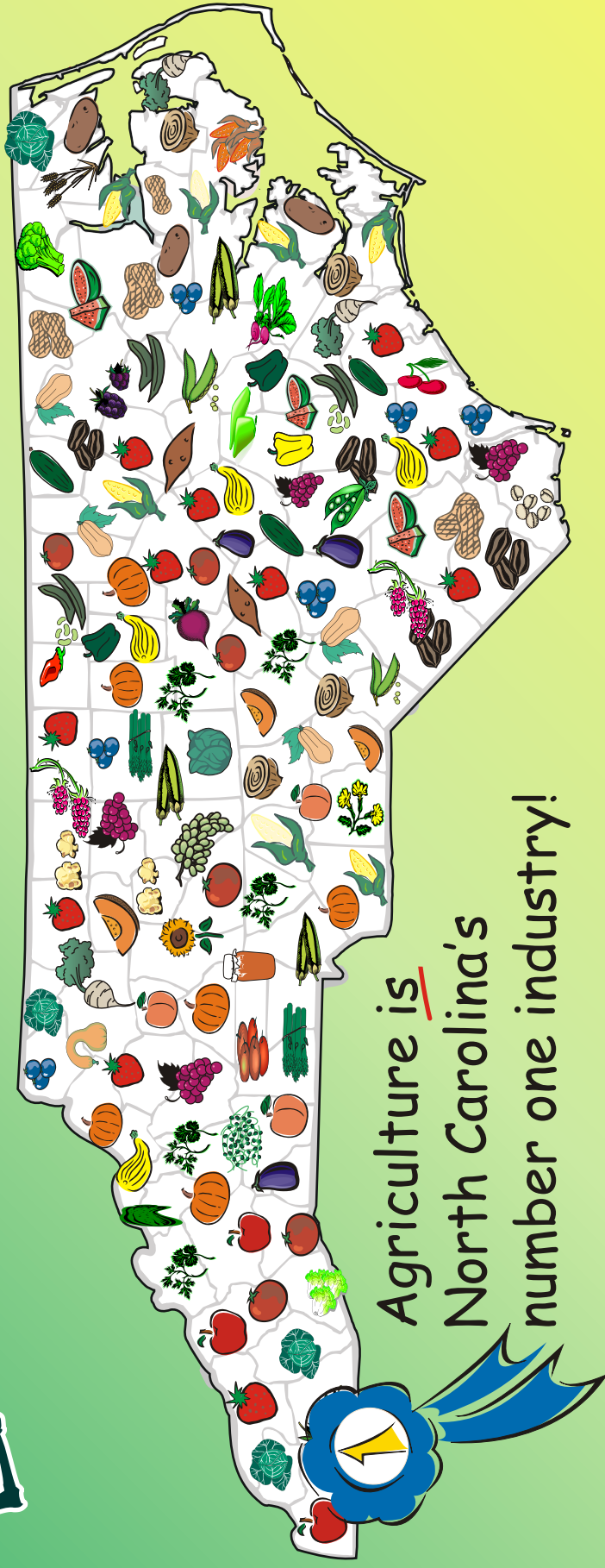


# Look

## Where Goodness Grows in North Carolina



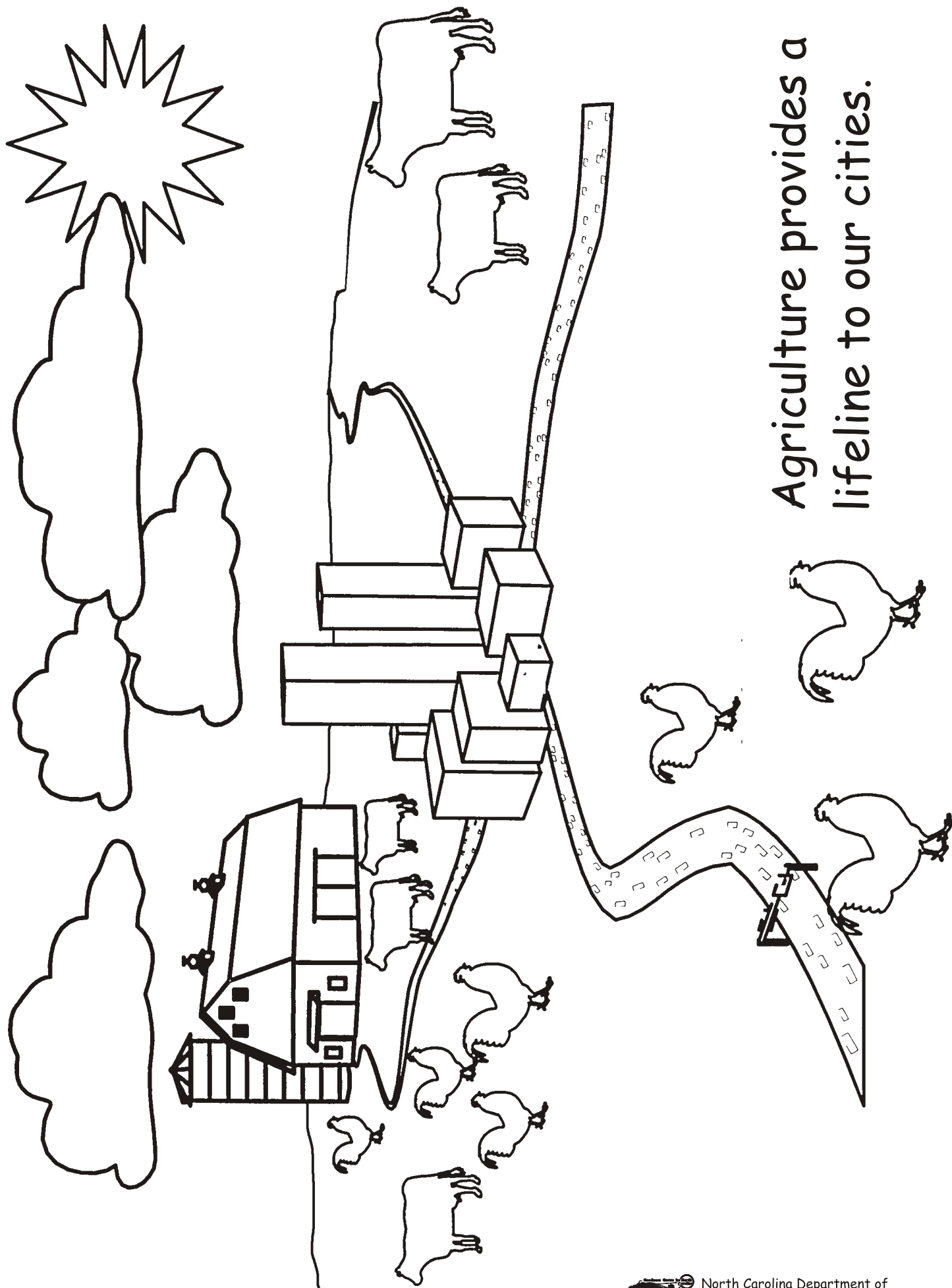
These familiar icons or pictures represent only part of agriculture.

Explore the vitality of agriculture inside this coloring and activity book to cultivate your mind.

# Have Fun!

North Carolina Department of Agriculture  
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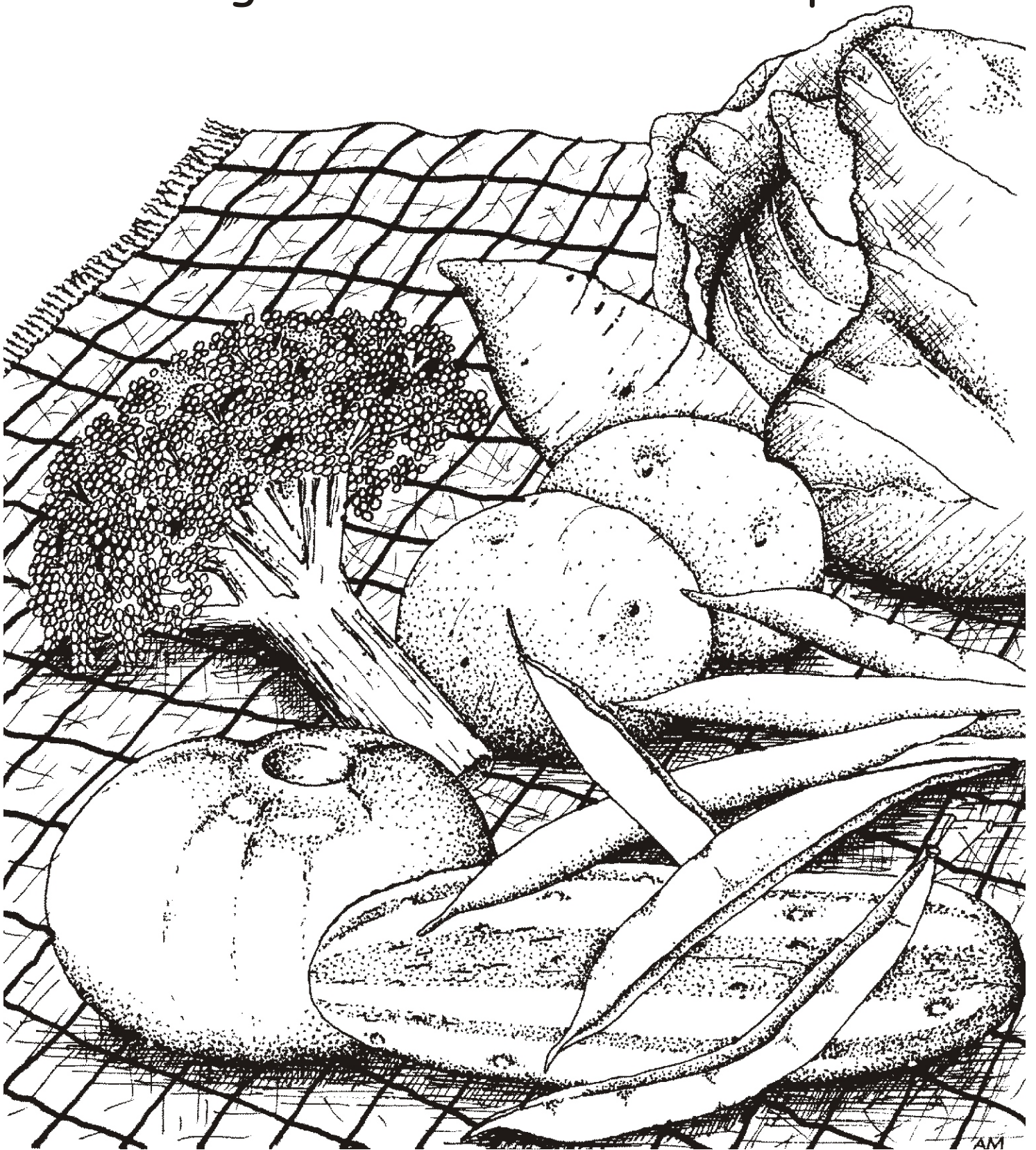
Agriculture provides a  
lifeline to our cities.



North Carolina Department of  
Agriculture and Consumer Services



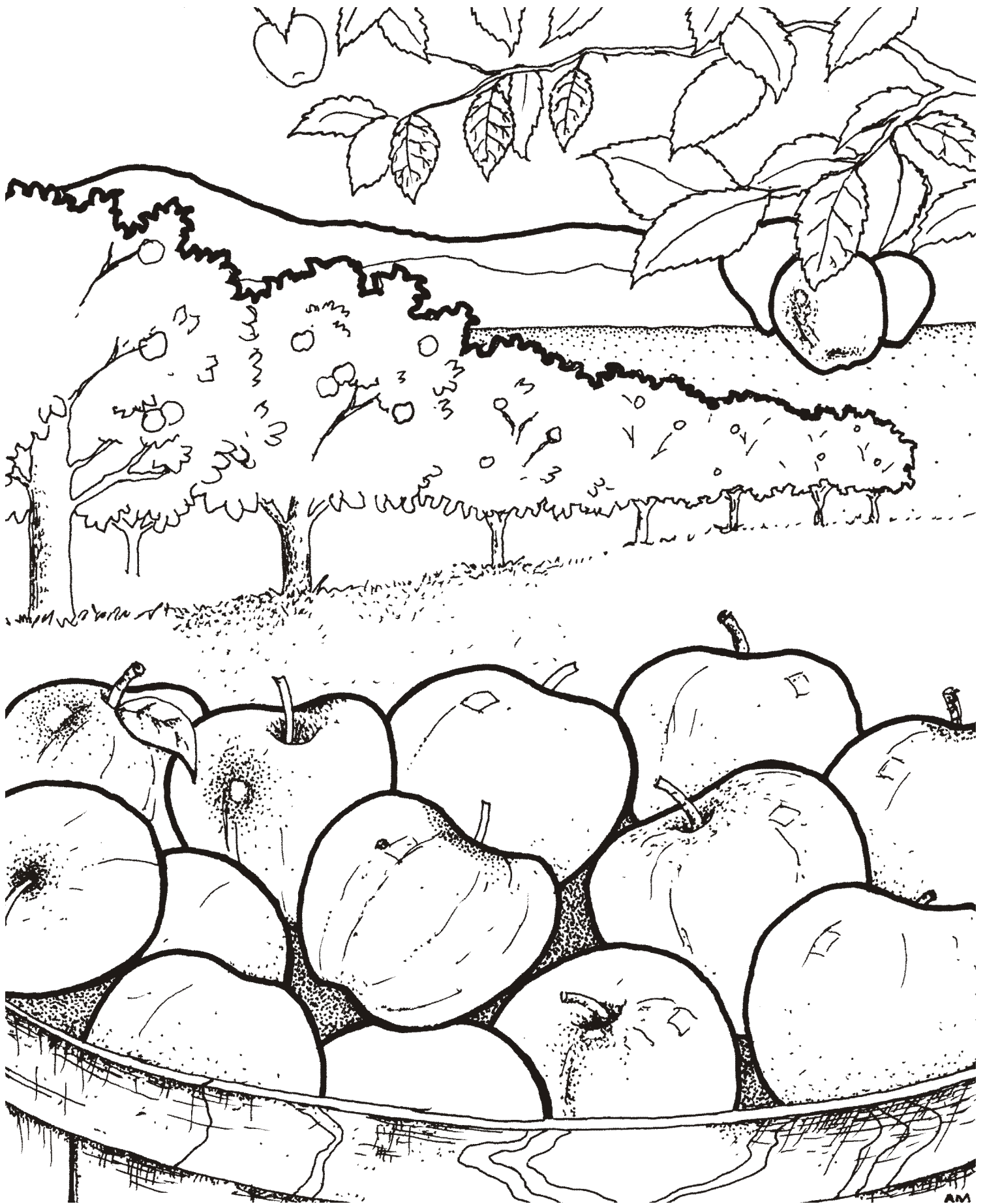
# Fresh vegetables are also called produce



Farmers all across North Carolina grow colorful produce.  
If a fruit or vegetable has lots of color that means it is very nutritious.  
Remember to eat 5 fruits and vegetables everyday for better health!



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Agriculture and Consumer Services



Apples are picked from orchards in our mountains. They need the cool, crisp mountain air to grow well.



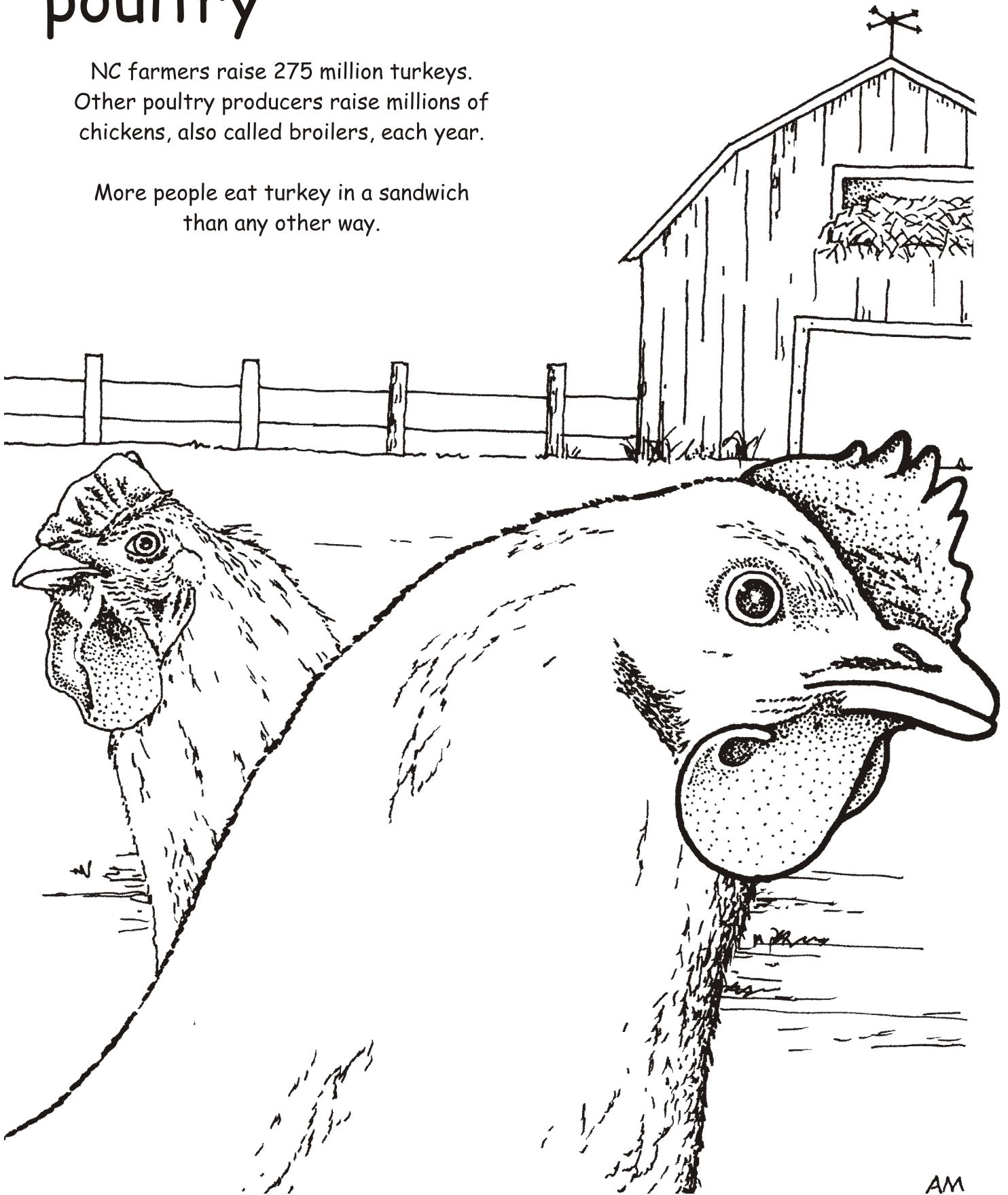
North Carolina Department of  
Agriculture and Consumer Services



# poultry

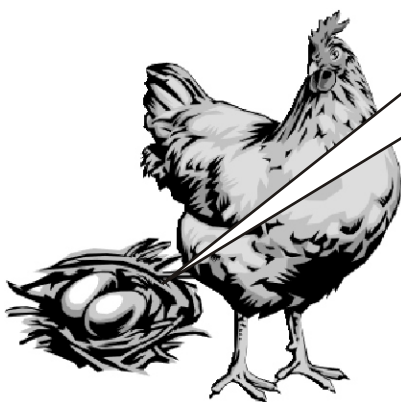
NC farmers raise 275 million turkeys.  
Other poultry producers raise millions of  
chickens, also called broilers, each year.

More people eat turkey in a sandwich  
than any other way.

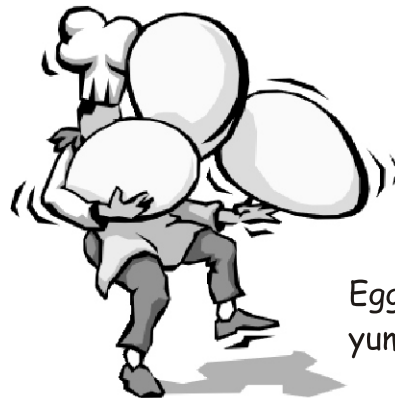




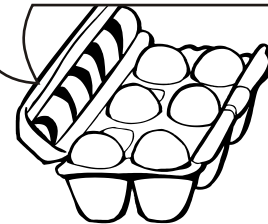
There are more than 11 million chickens in North Carolina who lay over 2 ½ billion eggs for you to eat. There are another 18 million chickens that lay eggs to hatch more chickens. Laid end-to-end in a row, this would make a row that would reach the moon. That's a lot of eggs!



A hen lays  
eggs in a nest  
on the farm.



The farmer gathers up all the  
eggs, packs them like this and  
sends them to the grocery  
store for people to buy.



Eggs are used in baking, like for  
yummy cakes, bread and lasagna.

## PBJ&E Sandwich

### Ingredients

- 2 Slices 100% Whole Wheat Bread
- 2 T. Reduced Fat Creamy Peanut Butter
- 1 Scrambled Egg, No Added Fat
- 1 T. Jelly

### Instructions

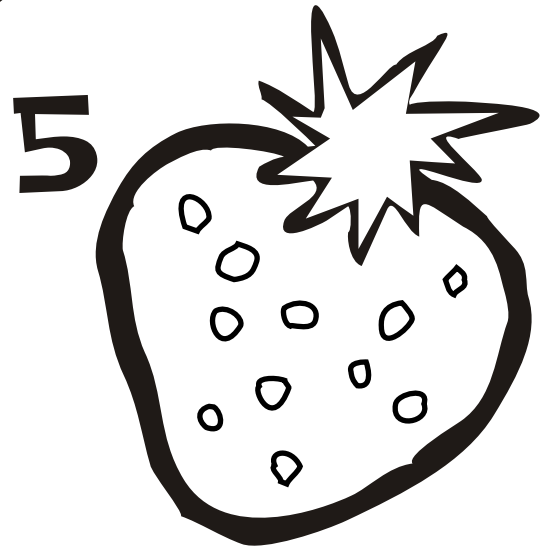
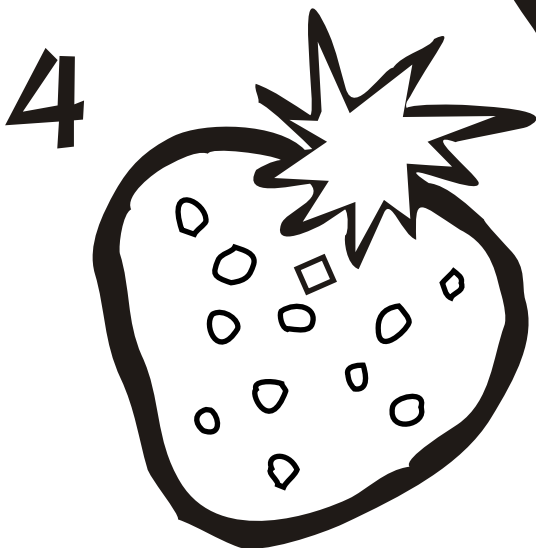
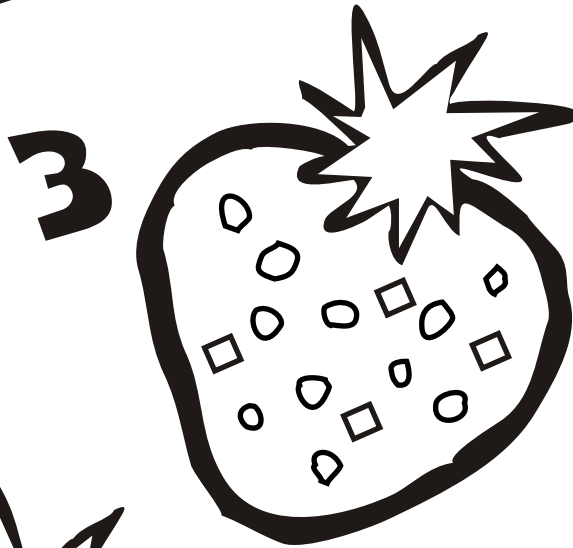
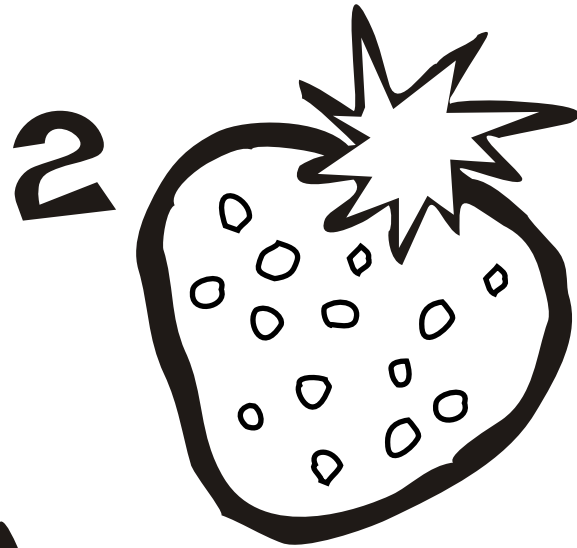
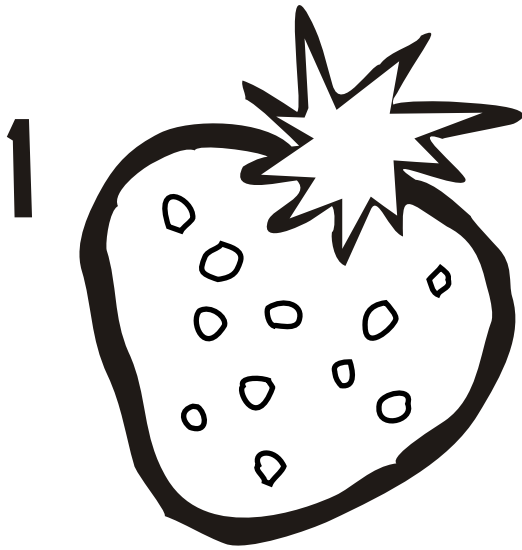
1. Wash your hands.
2. Spread peanut butter on one slice of bread.
3. Spoon a cooked egg onto it.
4. Spread jelly on another slice of bread and put it on top of the egg.
5. ENJOY!



Nutrition Facts		
Serving Size 1 Sandwich (203g)		
Amount Per Serving		
Calories	561	Fat Calories 203
		% Daily Value
<b>Total Fat</b>	22.5g	35 %
Saturated Fat	5.4g	27 %
<b>Cholesterol</b>	200.7mg	67 %
<b>Sodium</b>	1058.5mg	44 %
<b>Total Carbohydrate</b>	73.0g	24 %
Dietary Fiber	8.3g	33 %
Sugars	15.4g	
<b>Protein</b>	21.9g	
Vitamin A	8 %	Calcium 10 %
Vitamin C	2 %	Iron 21 %

# Strawberry Match

Circle the two strawberries that are the same. Color the berries!



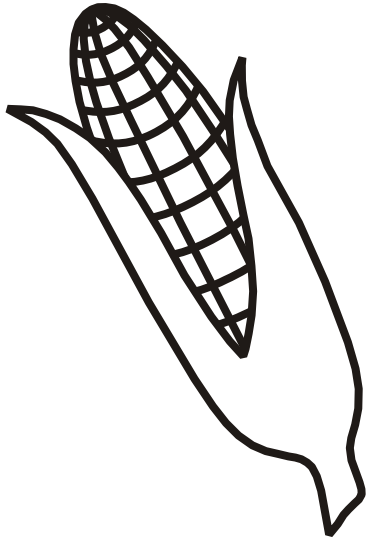
Strawberries have a lot of Vitamin C  
which is great for healthy skin and your gums.



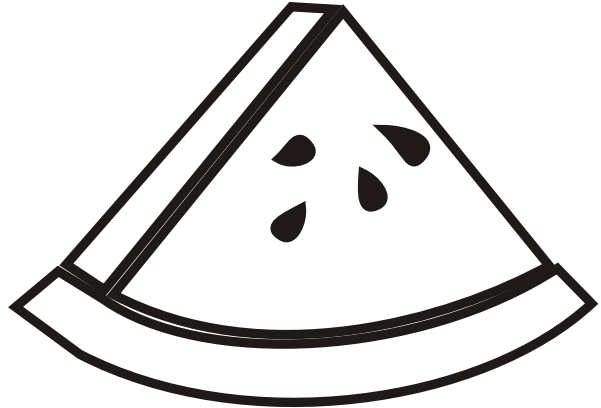


# Do you eat seeds?

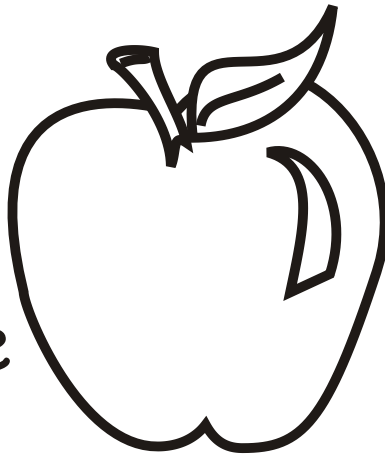
Circle the seeds that you normally eat. Color the pictures!



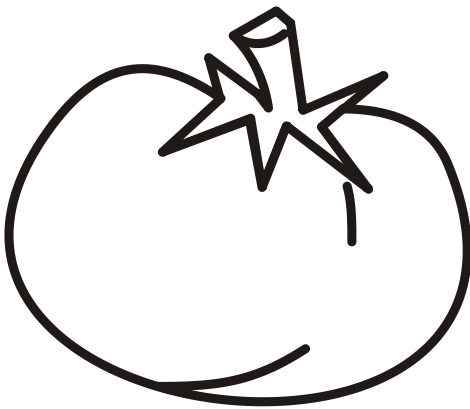
Corn



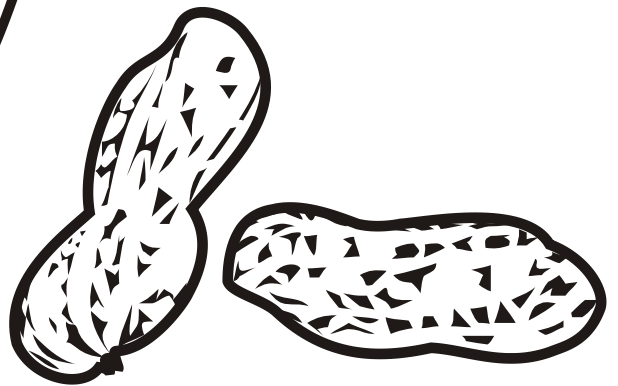
Watermelon



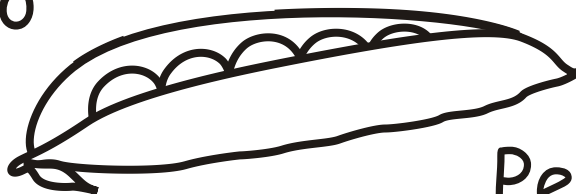
Apple



Tomato



Peanuts



Peas

# sweetpotato

North Carolina leads the country in the production of sweet potatoes. Farmers in Johnston County grow the most.



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# corn

Sweet Corn is enjoyed on North Carolina tables each summer.  
Feed corn is enjoyed by animals all year long.



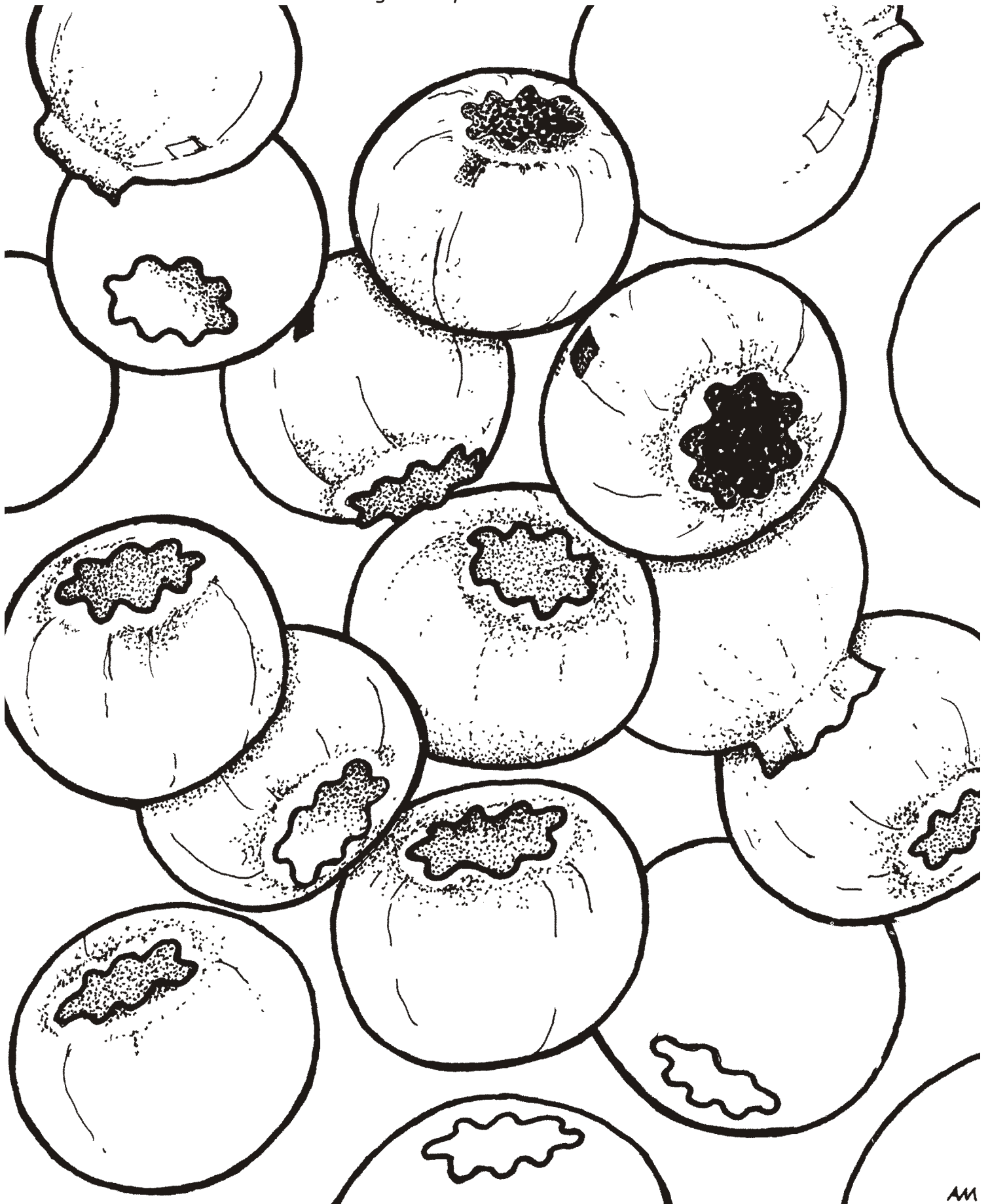
AM



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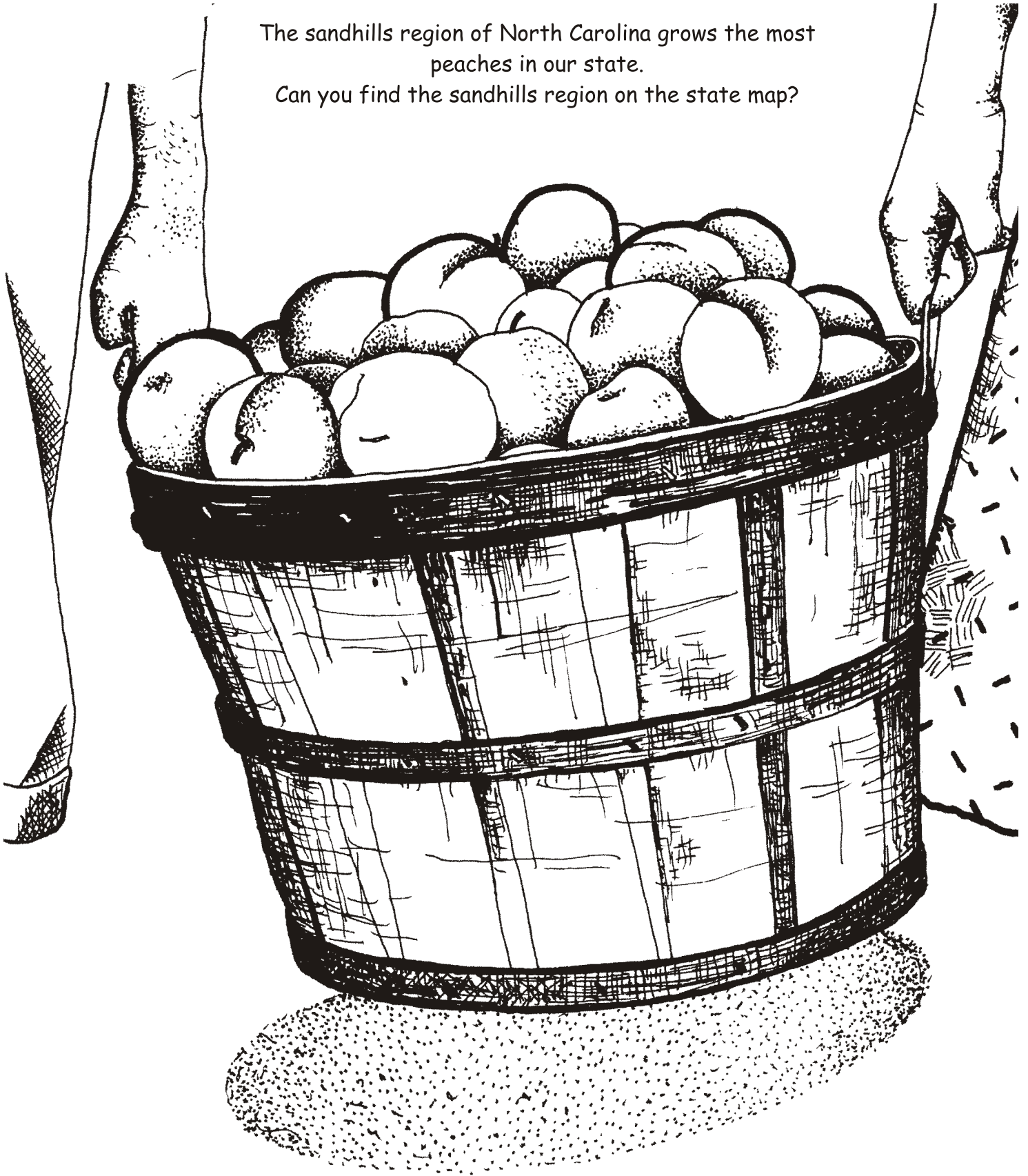
Rabbiteye and Highbush are just two of the popular varieties of blueberries grown by farmers in North Carolina.



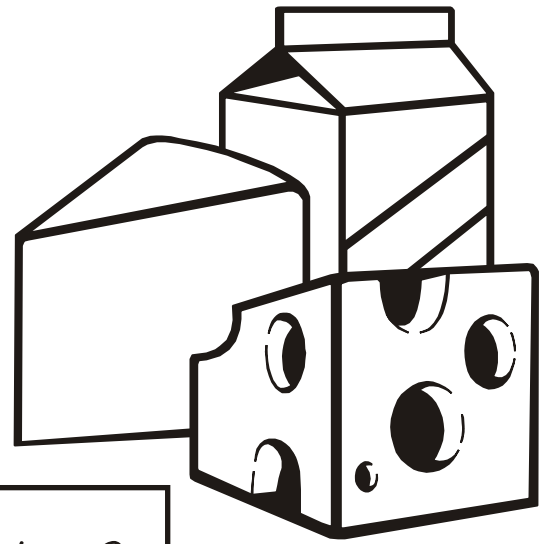
# peach

The sandhills region of North Carolina grows the most  
peaches in our state.

Can you find the sandhills region on the state map?



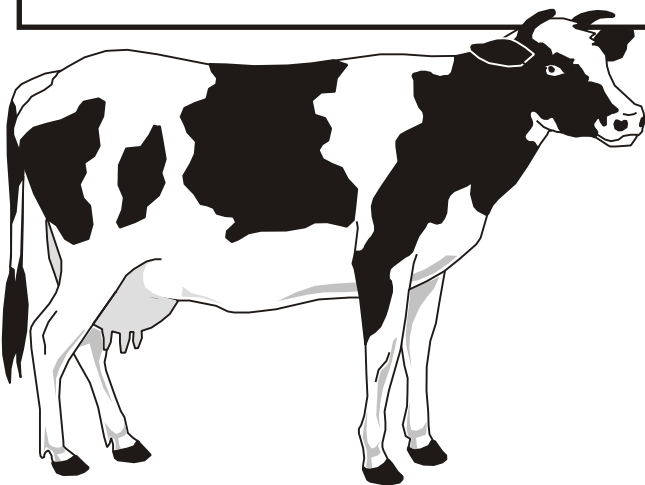
# Dairy Word Search



## WORD LIST

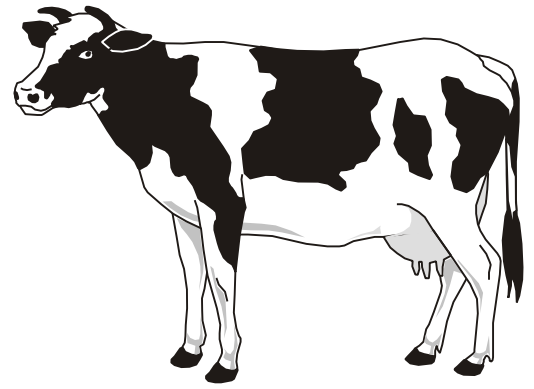
MILK  
YOGURT  
MOO  
FARM  
HAY  
CALCIUM  
TANKER  
CALF  
SHERBERT  
CHEESE  
PROTEIN  
BUTTER  
DAIRY  
BARN  
COW

P	M	D	A	I	R	Y	Y	U	P	A	Q
E	Y	I	W	J	W	I	B	H	C	Z	Q
N	Q	B	L	U	A	U	Y	T	A	J	L
S	G	A	G	K	E	J	O	A	L	B	P
H	H	R	F	B	W	A	G	N	C	U	Y
E	C	N	A	U	E	I	U	K	I	T	L
R	H	L	R	I	R	D	R	E	U	T	T
B	E	C	M	K	O	C	T	R	M	E	M
E	E	W	O	G	A	C	A	G	T	R	O
R	S	V	G	W	N	R	X	L	N	R	O
T	E	P	R	O	T	E	I	N	F	L	Z
K	G	R	R	E	H	A	Y	F	X	V	Q





# Where does milk come from?



Beef cattle are raised mostly for their meat. Dairy cattle, like the one in the picture, are raised for their milk. There are many different kinds of milk cows. Jersey and Brown Swiss are two kinds of milk cows. Some breeds of cows produce more milk than others.

A dairy cow weighs about 1,500 pounds. The average cow spends 6-10 hours a day eating. That is about 90 pounds of food. All milk cows are girls, or really mothers. Milk cows make milk to feed their calves, but they are such big animals that they make much more milk than a calf needs. So dairy farmers take the extra milk the mother makes so that we can have milk every day to drink at school and home. The mother cow must be milked twice a day and sometimes three times a day. A dairy cow must have one calf a year or she will stop producing milk.

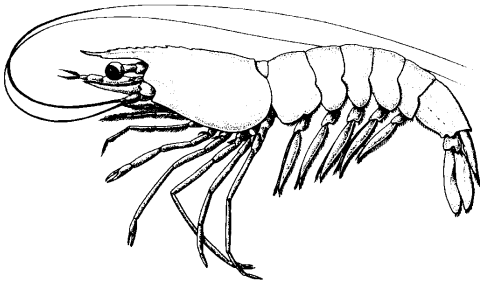
Dairy cows must eat healthy cow food; just like we need to eat healthy foods from the Food Guide Pyramid. Her healthy foods are hay (dried grass), grains (feed), and silage (chopped green grasses and green corn or beans). If the farmer gives her this healthy cow food every day, she can produce about 100 glasses of milk a day for you to drink. If she is fed these healthy foods only once in a while, she can only make about 48 glasses each day. She drinks 25-50 gallons of water each day. That's nearly a bathtub full!

The dairy farmer keeps the milk that is saved for people very clean. A tanker truck picks up the milk from the dairy farm each day and takes it to a factory where it is made into many kinds of food. Some of the delicious and healthy foods made from milk are cheese, yogurt, low fat ice cream, and of course chocolate milk! Calcium is the mineral in dairy foods that make strong bones.

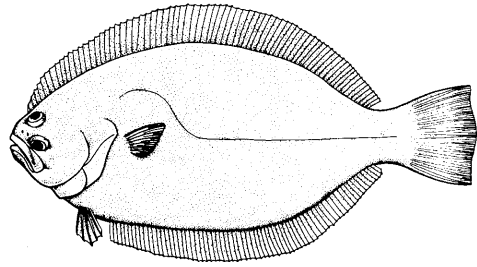


# Name that Seafood

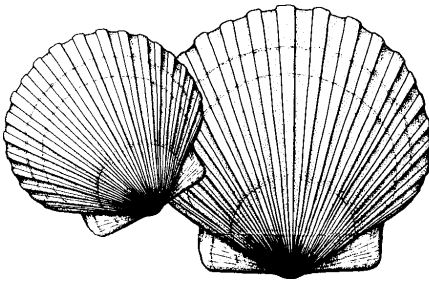
Fill in the blanks and color the pictures.



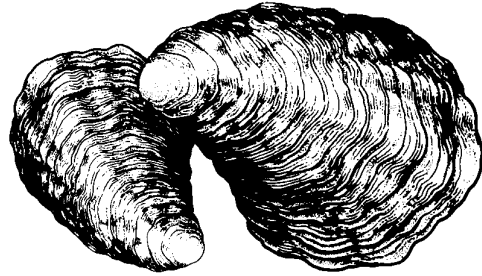
S \_ \_ \_ \_ P



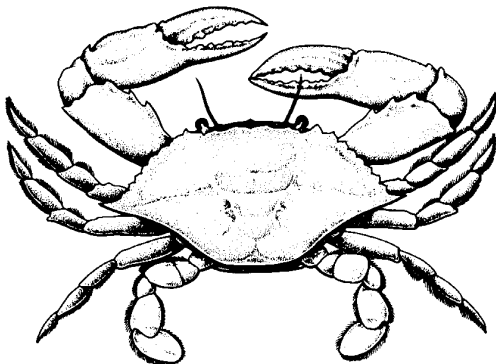
F \_ \_ \_ N \_ \_ R



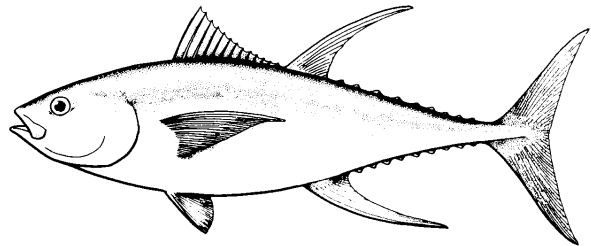
\_ C \_ \_ L \_ \_



\_ Y \_ \_ E \_



B \_ \_ \_ \_ \_ A \_



T \_ \_ \_ \_



# cattle

There are more than 25,000 families in North Carolina who are proud to raise beef cattle.  
Lean beef gives us protein and important vitamins... plus it tastes good too!

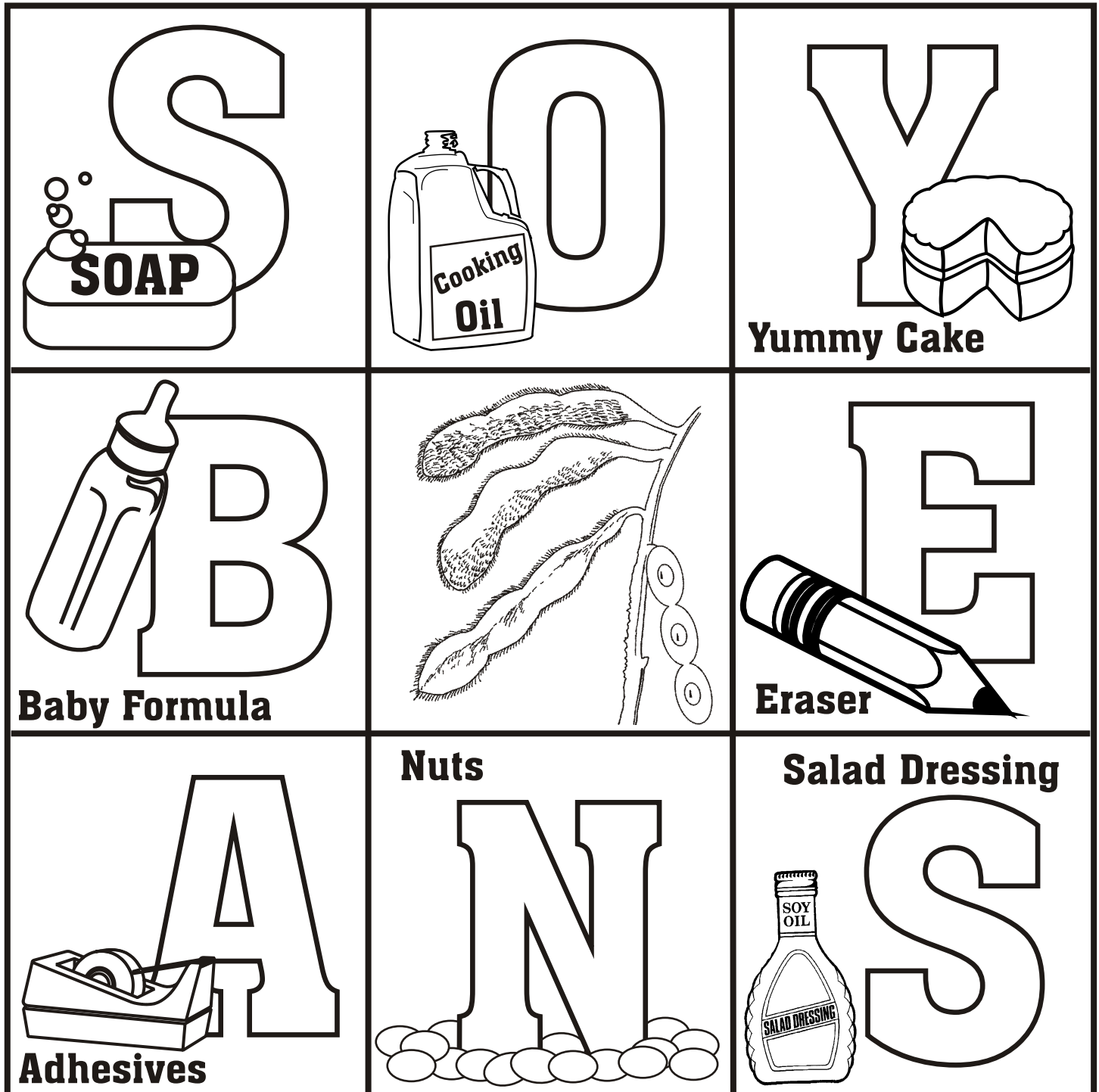




# Spell Soybean through its many uses!

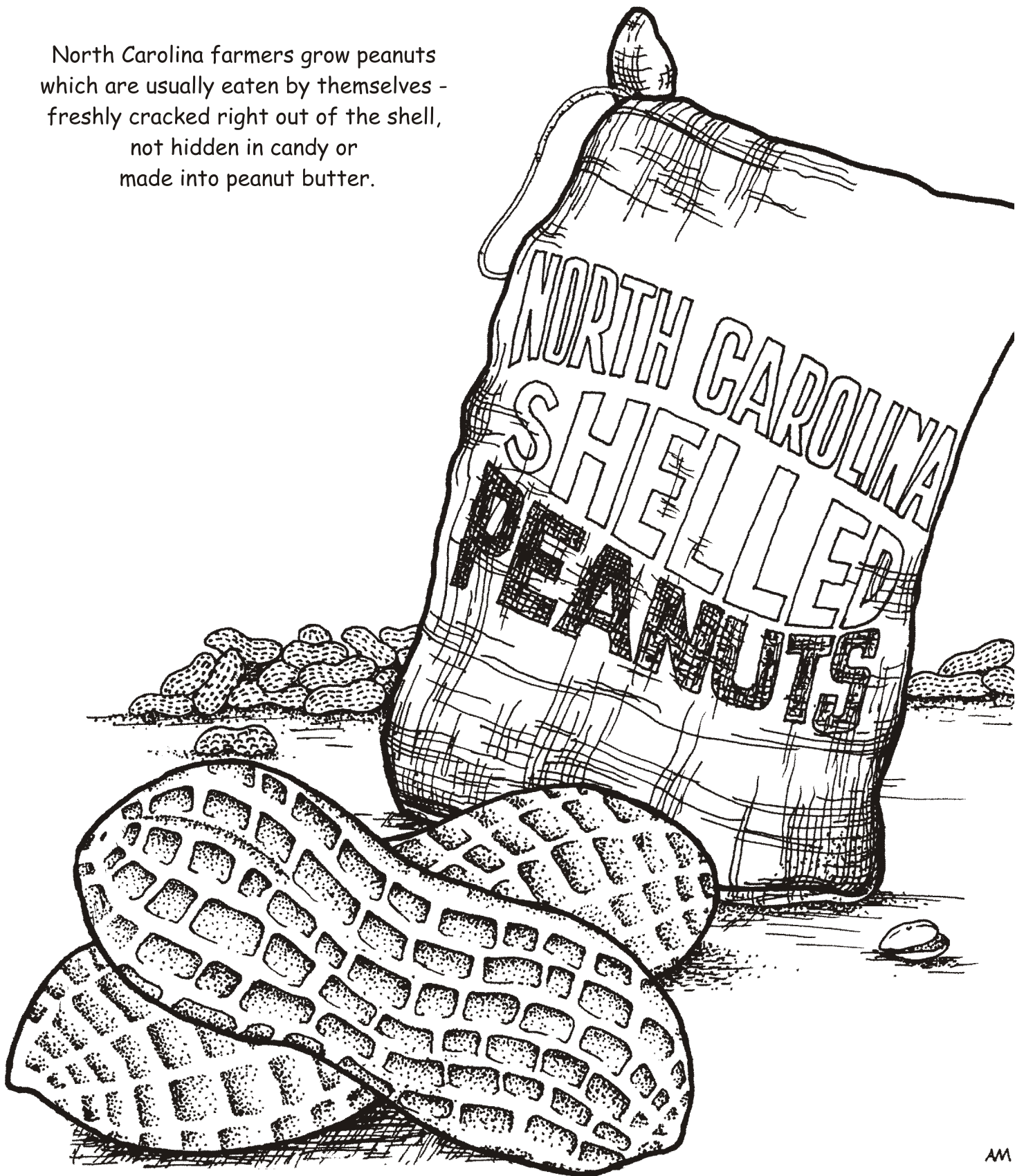
You may not realize how often you eat foods that are made with soybeans, or that were cooked in soybean oil. They are nutritious any way you eat them.

Ask your parents to help you look at the food labels in your pantry. See how many different foods you can find that have soybeans listed in the ingredients.



# peanut

North Carolina farmers grow peanuts  
which are usually eaten by themselves -  
freshly cracked right out of the shell,  
not hidden in candy or  
made into peanut butter.

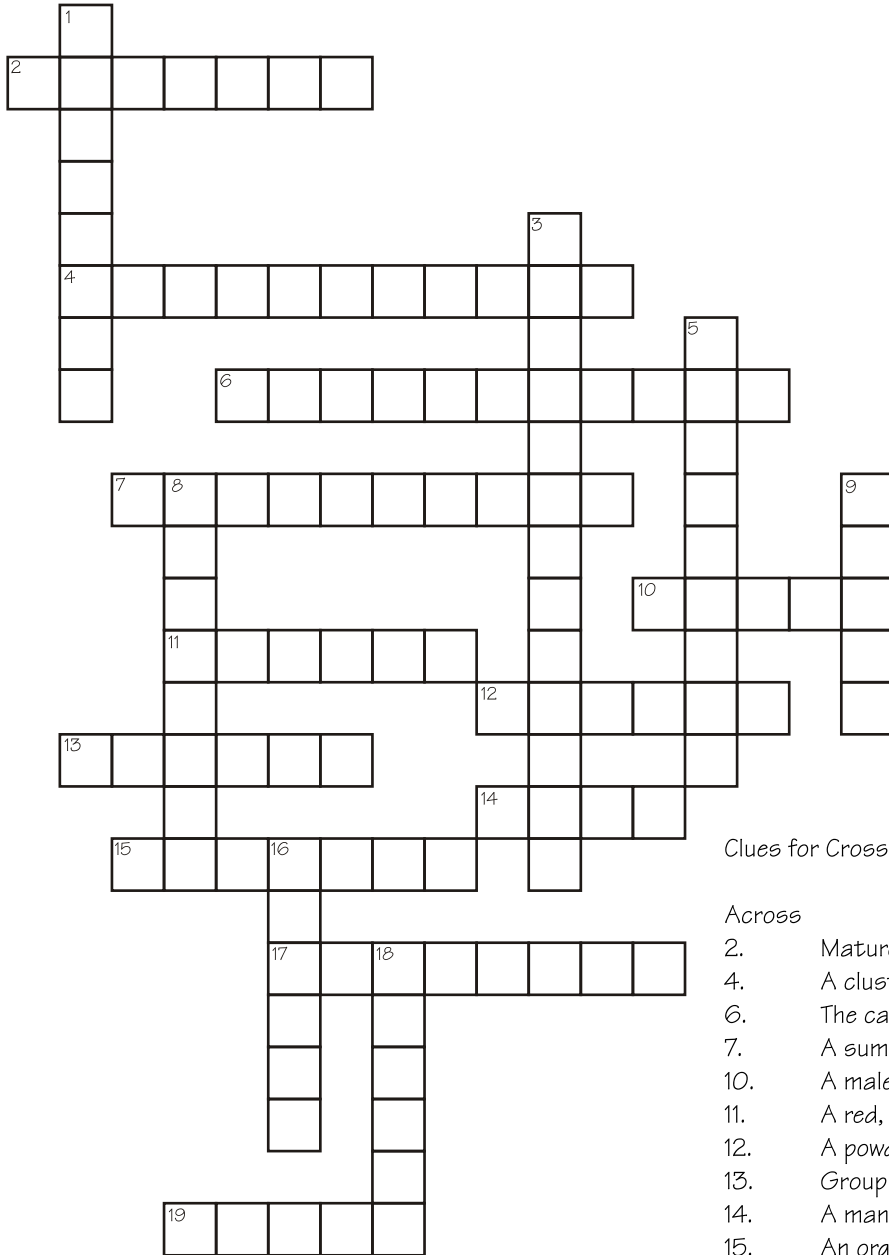


AM



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# Honeybees Crossword



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## Clues for Crossword Puzzle

### Across

2. Mature (3-6 weeks old) bee who bring in nectar and pollen
4. A cluster of sweet blue berries grown on a bush
6. The carrying of pollen from one flower to another for seed
7. A summer melon pollinated by Honeybees
10. A male bee
11. A red, yellow or green fruit 2 to 4 inches in diameter
12. A powdery dust from flowers collected by honeybees
13. Group of bee colonies kept in one location (bee yard)
14. A man-made wooden or plastic home for honeybees
15. An organ in the abdomen of a worker bee for defense
17. A cylinder shaped green vegetable used for pickles or salads
19. A sweet fluid worked out by bees from plant nectar

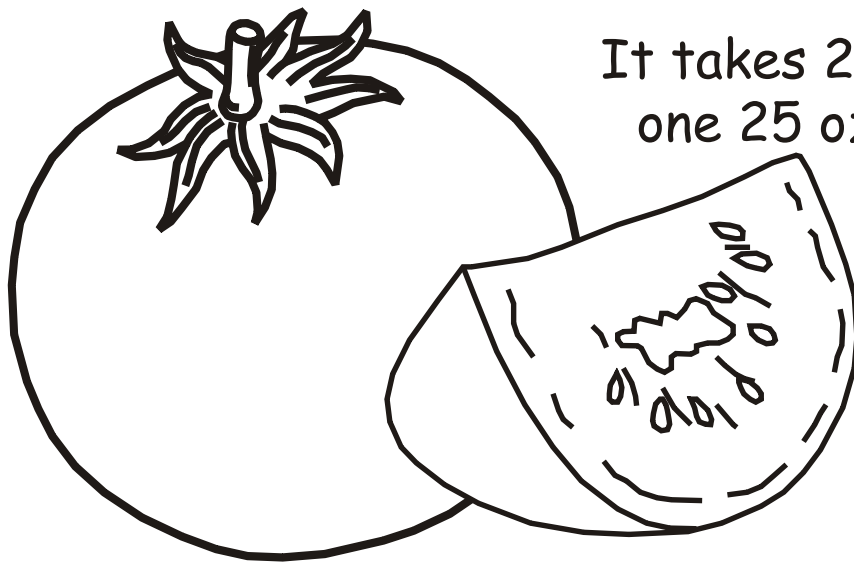
### Down

1. An insect with 6 legs, 4 wings and a honeysac
3. Changes of an insect from egg, larva, pupa, adult
5. A female bee in a colony bees that does not lay eggs
8. Beekeeper
9. A mated female bee that lays all the eggs in the colony
16. A sweet liquid produced by flowers collected by honeybees
18. A social community with thousands of bees and one queen

## Clues for Crossword Puzzle

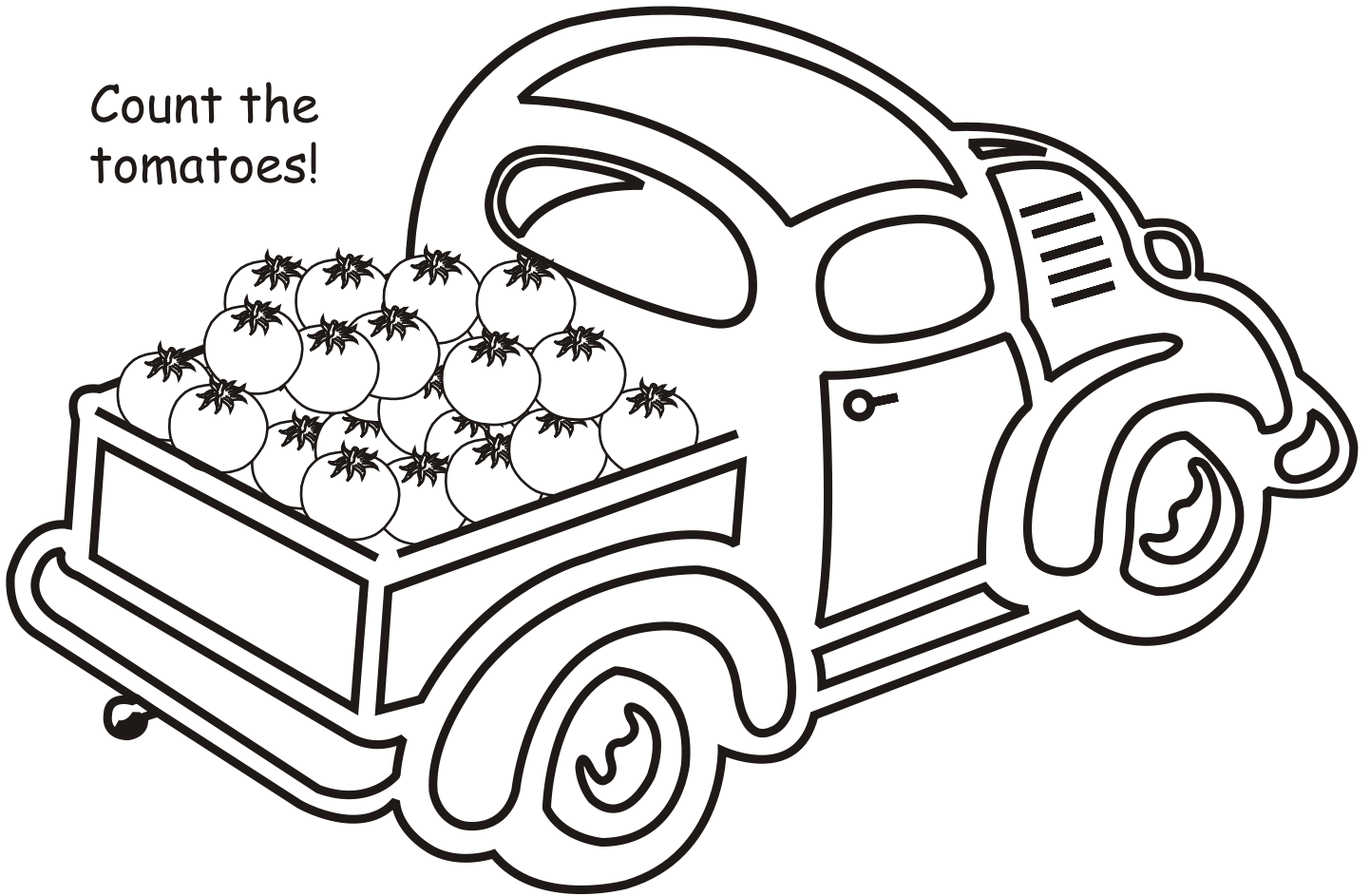
apiarist	honeybee
apiary	metamorphosis
apples	nectar
blueberries	pollen
colony	pollination
cucumber	queen
drone	stinger
forager	watermelon
hive	workerbee
honey	

ANSWERS: (across) 2. Forager, 4. Blueberries, 6. Pollination, 7. Watermelon, 10. Drone, 11. Apples, 12. Pollen, 13. Apiary, 14. Hive, 15. Stinger, 17. Cucumber, 19. Honey, (down) 1. Honeybee, 3. Metamorphosis, 5. Workerbee, 8. Apiarist, 9. Queen, 16. Nectar, 18. Colony.



It takes 20 tomatoes to make  
one 25 oz. can of spaghetti  
sauce.

Count the  
tomatoes!



Farmers in North Carolina grow more than 80 million  
pounds of tomatoes every year.  
That's enough tomatoes to fill up 40,000 pick-up trucks!



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# Agriculture is the # 1 Industry in North Carolina!

Name an Important  
NC Poultry or Livestock

Draw a Picture  
of The Poultry or Livestock

Tell What You Learned  
About It

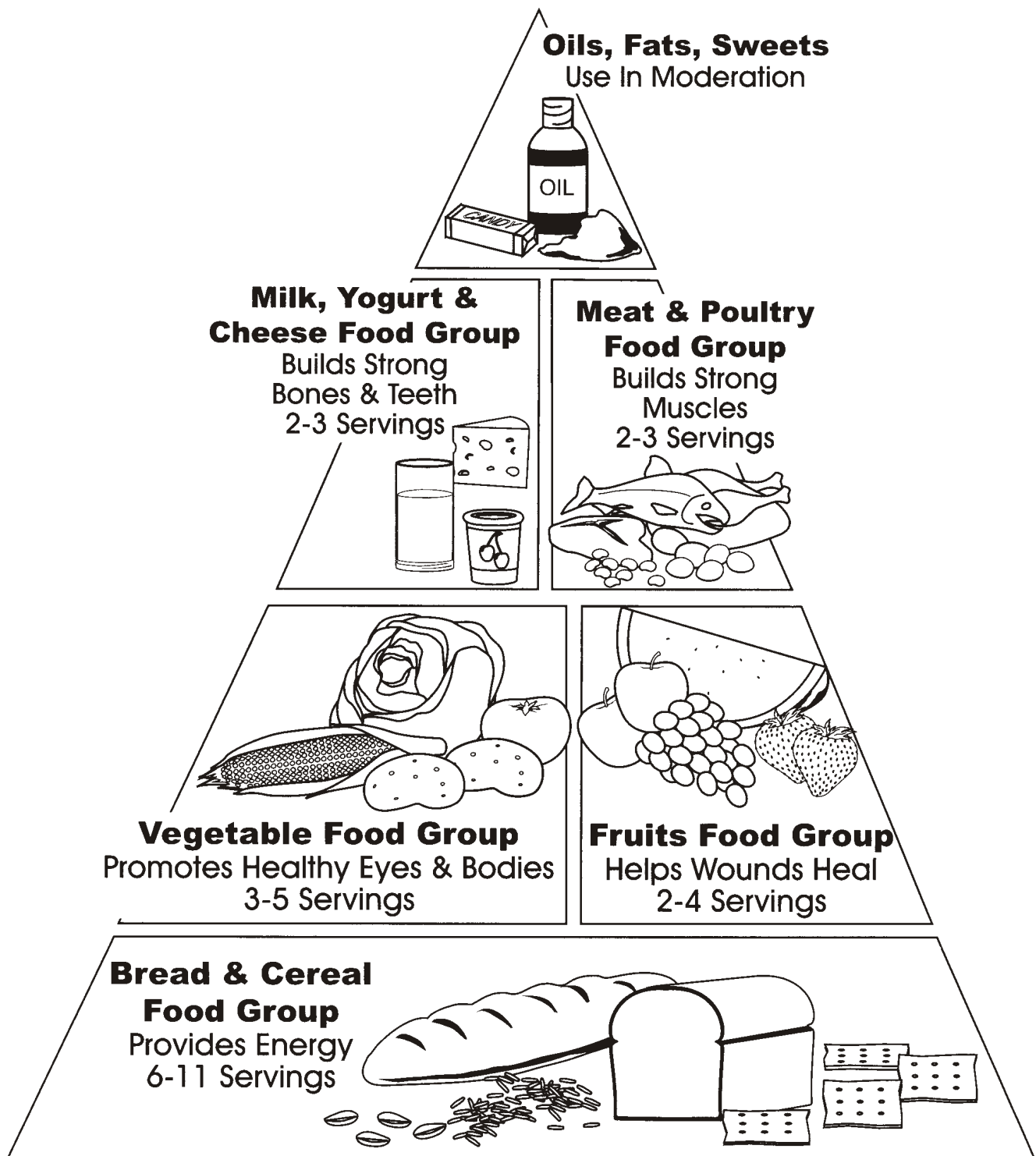

Name an Important  
NC Crop

Draw a Picture  
of The Crop

Tell What You Learned  
About It


# Select NC's Best!

Your school cafeteria team supports our local farmers and they care about what you eat! Look for many of these foods and choose them often.



Don't forget to also play hard and study well.  
You will be on your way to a healthy lifestyle!



North Carolina Department of  
Agriculture and Consumer Services

# A Look at North Carolina Agriculture

**Capital:** Raleigh  
**Population:** 8,049,313  
**Founded:** November 21, 1789 (12th State)  
**State Bird:** Cardinal  
**State Tree:** Pine  
**Number of Counties:** 100  
**Largest City:** Charlotte, Population 570,257  
**Nickname:** The Tarheel State

## Climate

- North Carolina has a broad range of climate conditions due to its three distinct regions: the Appalachian Mountains, the Piedmont, and the Coastal Plains. This topographical variety along with the presence of the Gulf Stream off the coast, gives our state the largest climate variability of any state east of the Mississippi.
- The growing season ranges from 130 days in the northern mountains to 242 days along the coast.
- Monthly average temperatures range from a high of 88.3 degrees F to a low of 27.3 degrees F.

## General

- The highest point in North Carolina is Mount Mitchell at 6,648 feet above sea level. The lowest point in North Carolina is at the shore and is characterized as coastal plain and tidewater. Moving westward, at the center of North Carolina, lies a piedmont plateau that is about 200 miles wide. In the west, the land slopes upward from gentle to rugged rolling hills to the high southern Appalachian Mountains containing the Blue Ridge and Great Smokey Mountains.
- North Carolina had 56,000 farms in 2001. A total of 9,100,000 acres of North Carolina's land is in farms. The average size of a farm is 163 acres.
- North Carolina's agriculture industry, including food, fiber and forestry, contributes over \$59 billion annually to the state's economy, and accounts for 19% of the state's income and employs over 20% of the work force

## Soil

- There are over 400 different soils in North Carolina.
- A variety of crops flourish on almost all of the soils in North Carolina if they receive proper management.
- Cecil soils occur on 1,601,740 acres, the most of any type found in NC. About half of the acreage is cultivated, and the rest is used for pasture or forest. The most common crops are small grains, corn, cotton, and tobacco. Cecil soil is named from Cecil County, Maryland, where it was scientifically identified in 1899.

## Crops

- North Carolina ranks number one nationally in the production of flue-cured tobacco and sweet potatoes.
- The state ranks 2nd in the production of Christmas trees, cucumbers for pickles, and lima beans.
- The greenhouse/nursery industry is the number one crop producer in North Carolina, followed by tobacco, cotton, soybeans, corn, peanuts, sweet potatoes, cucumbers, tomatoes, Irish potatoes, wheat and a wide variety of other crops.

## Animals

- Hogs and pigs, broilers, turkeys, and cattle and calves are the main animals raised by North Carolina farmers.
- North Carolina ranks second in the nation in the production of hogs and pigs, trout and turkeys; and, fourth, in the production of broilers.

**Adapted from:**  
**North Carolina Agriculture in the Classroom**  
**P.O. Box 27766**  
**Raleigh, NC 27611**  
**[www.agclassroom.org/nc](http://www.agclassroom.org/nc)**



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# Goodness Grows in North Carolina Grocery List

Can you unscramble the following NC fruits and vegetables to help make out this grocery list?

What other NC foods would you add to the list?

Try to include some from each food group in the Food Guide Pyramid.

ahqsus \_\_\_\_\_

ihzcicun \_\_\_\_\_

osetpaot \_\_\_\_\_

tepsweotsoat \_\_\_\_\_

brmcsuceu \_\_\_\_\_

epsrpe \_\_\_\_\_

niosno \_\_\_\_\_

estaotmo \_\_\_\_\_

tngelgpa \_\_\_\_\_

gbabcae \_\_\_\_\_

trmwealnoe \_\_\_\_\_

rcno \_\_\_\_\_

## Think Food Safety!

Always wash fresh fruits and vegetables.

Rinse well under warm, running water before peeling, cutting, cooking or eating.

If necessary, use a soft scrub brush to remove surface dirt and wax.

Answers: squash, zucchini, potatoes, sweet potatoes, cucumbers, peppers, onions, tomatoes, eggplant, cabbage, watermelon, corn



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# Agriculture Glossary

**agriculture:** growing crops and raising livestock; farming.

**breed:** a group of animals that are all the same kind so they can be their best.

**commerce:** buying or selling commodities as a business.

**commodities:** any or all of the foods and fiber that are raised, grown or produced on a farm.

**crop:** a plant that is grown by a farmer that can either be eaten, like green beans; or not eaten, like cotton.

**cultivate:** doing something to make a crop better; help students learn in a special way.

**diversity:** many different kinds.

**farmer's market:** an outdoor place where farmers bring their agricultural products to sell to people.

**fiber:** crops or plants not grown for food.

**food industry:** any business relating to the production and sale of any food or food services.

**food label:** a statement called 'Nutrition Facts' that tells all about the food.

**hatch:** when a baby chick comes out of its shell.

**healthy:** to be well in body and mind.

**horticulture:** fruits, vegetables, flowers, and other plants grown for food, beauty or other uses.

**industry:** growing and making things to sell in an organized way.

**ingredients:** a list of everything in food or recipes.

**lean beef:** meat to eat that has very little fat.

**lifestyle:** the way you live and take care of yourself.

**livestock:** the word that describes the animals on a farm.

**locally grown:** made or grown at a farm near where you live.

**milked:** what happens when the farmer takes milk from a dairy cow.

**nutrient:** something in a food that is needed by your body to give you energy and stay healthy.

**nutrition:** how the body uses the food to stay healthy.

**nutritious:** a food that is mostly good for our bodies (not 'junk food').

**poultry:** chickens, turkeys and other birds raised for food.

**processed foods:** foods that have been prepared or changed in some way from its natural state.

**produce:** to make something; fresh fruit and vegetables.

**producing:** to make something happen on a farm.

**production:** making or growing something on or from a farm.

**raise:** having and taking care of farm animals.

**raw:** the natural unprocessed state of a commodity.

**roadside stand:** a small outside place that sells agricultural products and that can be seen next to a high way.

**seafood:** food that comes from oceans, lakes or rivers.

**variety:** many different kinds.

**vitality:** full of life, energy and strength to grow or succeed.



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match this produce list  
to pictures on the front cover

Apple  
Asparagus  
Beets, with tops  
Blackberries  
Blueberries  
Broccoli  
Butter Beans  
Cabbage  
Cantaloupe  
Cherries  
Corn  
(Indian, popcorn & sweetcorn)  
Crab Apples  
Cucumber  
Edible Flowers  
Eggplant

Gourds  
Grapes  
(green and purple)  
Green Beans  
Herbs  
Honey  
Leafy Greens  
Lettuce  
Okra  
Onion  
Peach  
Peanuts  
Peas  
Pecans  
Peppers  
(green bell, yellow bell & red chili)

Potato (white)  
Pumpkin  
Radish  
Raspberries  
Soybeans  
Sprouts  
(alfalfa & other sprouts)  
Squash  
(yellow summer, acorn & zucchini)  
Strawberries  
Sunflower, seeds  
SweetPotato  
Tomato  
Turnip  
Watermelon  
Wheat (& other grains)

